

The matter of clothes and feeding is what will probably interest long-distance walkers most. I believe Summersgill thinks that in rubber shoes and very light clothing you can go on almost for ever if you can manage to eat, and if your feet are tough.

My own experience is that the feeding or digestion question is the great one. I am told that some walkers are eating almost all the time. I am certain that would destroy any chance that I might have of covering a heavy course. It seems to me to indicate a tremendously strong digestion. People with less robust digestions must give them some rest.

On the heaviest and most exhausting walk that I have done previous to this I ate nothing for twelve hours, and believe that for the time it was the right course, and I certainly did far better than on other heavy walks in Switzerland where I had been feeding every two or three hours and never gave digestion a rest.

It is one of the really vital points and would stand a great deal of discussion.

Unfortunately, however, very few people will try any number of experiments on vitally different methods and are often full of prejudice against the methods that they have not really tried themselves.

COLNE TO DOVEHOLES—51 MILES.—N.B. AND E.T.

Colne, 11-15 p.m.; Hebden Bridge, 2-10 a.m.; Blackstone Edge, 4-25 a.m.; Crowden, 10-12—11-7 a.m.; Doveholes, 5-12 p.m.

Time.—17 hours, 57 minutes, including waits for meals &c., amounting to about 2 hours.

Weather conditions.—New moon. Very dark to Widdop reservoir, had to go cautiously and use flash-lamps and compass. A little rain and mist, but generally conditions distinctly good. Between the Marsden and Holmfirth roads extremely heavy going and slow.

Dress.—Ordinary, nailed boots, rucksacks with food, and rubbers (not used).

Meals. Fish and sweets in Manchester, 9 p.m.

Cheese sandwich, jam sandwich and prunes at 3 a.m.

Spaghetti and jam sandwich at 5-30 a.m.

Ham and eggs, jam and tea at 10-30 a.m.

Jam sandwich and prunes at 2-37 p.m.

Buxton. Tea at 6-45 p.m.

First interval of six hours, other intervals about 4 hours.

Seemed to suit both walkers.

Drinks—Water only except tea at Crowden.

NEW WALK—CIRCUIT OF WATERSHED OF DERWENT— $37\frac{1}{2}$ MILES.

—N.B. ; W.M.H. ; A.S. ; E.T. ; AND W.W.

Time.—II hours, 39 minutes, including all meals and waits.
Average speed 3·2 miles per hour.

Weather conditions.—Extremely good. Some parts of course would be hard to follow in mist.

Food.—Must all be carried. No water from Alport to Abbey Brook.

General.—An exceptionally fine walk, on mountain and moorland from start to finish. Rough moorland (grouches, Scotchmen's heads, etc.) most of the way. Walk should follow ridge exactly by zig-zag course marked by stakes from Mill Hill to near Margery: this includes some sharp corners.

EUSTACE THOMAS.

CLIMBS AND EXCURSIONS.

FELL RECORD — PEAK BAGGING COURSE.—Keswick, Robinson, Hindscarth, Dale Head, Brandreth, Green Gable, Great Gable, Kirkfell, Pillar, Steeple, Red Pike, Yewbarrow, Wastdale, Scafell, Scafell Pike, Great End, Esk Pike, Bowfell, Langdale, Silver How, Grasmere, Fairfield, Dollywaggon, Helvellyn, Threlkeld, Saddle Back, Skiddaw, Keswick.

Map distance: 54 miles; actual: over 60.

Height climbed given by Baddeley as 23,500 feet.

Record made by Dr. A. W. Wakefield in 1905: 22 hours, 7 minutes.

Dawson's time: 22 hours 17 minutes for a rather longer course including the Dodds, in 1916.

Begg had been very keen to try if we could stay the course, but had gone to the States. The writer decided to try if he could get through at Whitsuntide, 1919.

Summersgill organised a party of helpers for the different stages—himself, Richards, Freedman, Humphry, Manning and Hirst.

The first part went well, allowing for time lost through cloud, etc., but the writer fed badly and at Langdale was doubtful if the second half would go. This half was therefore well nursed with long rests at Langdale, Thirlspot, etc., to coax an appetite, and with the help of magnificent weather the course was completed in 28½ hours.

The difficulties were—Insufficient feeding (his own fault), great reduction in *climbing* pace in second half to avoid distress in breathing, very sore heels and sore toes. No bad *after* effects whatever.

It is very desirable to collect information as to all that bears on the scientific and practical *explanation of and training for*, endurance in such cases.

Suggestions, experiences, references to published matter, etc., are all invited and will be very gratefully received. The results will be digested and offered as a lecture to the Club or as an article for the Journal. How can one best train to increase food reserves, and maintain his wind?

EUSTACE THOMAS.

A PROPER NIGHT WALK.—From time to time the Rucksack Club Journal has contained accounts of various nocturnal excursions undertaken by certain members of the Club, but hitherto these excursions, when voluntary, have always occurred in the summer months when the nights are comparatively short and warm. This year (1919) three members of the Club varied the programme by undertaking an all-night walk in December. The object of the expedition was to climb all the mountain peaks in England over 3,000 feet in height within 24 hours, and, incidentally, the party visited the summits of Skiddaw, Helvellyn and Scafell Pike in one night between sunset and sunrise. This was made easier by our arrival on top of Skiddaw taking place fifteen minutes after sunset.

As the day fixed for the walk approached, the weather caused us considerable anxiety, the barometer being, to put it mildly, very unsettled. The actual weather was, however, not so bad as we had feared. It is true that on Skiddaw a gale was blowing which made it difficult to stand up, and that the mist was too thick for one cairn to be seen from the next, but later on the weather moderated and Skiddaw was, in fact, far the most difficult ascent of the three.

The wind, which was from the north-west, fairly blew us up Helvellyn. There was fresh snow and a thick white mist on the top and our chief concern was about the cornice which was presumably growing on the east face; but we reached the shelter without misadventure, and sat down in the south-east quarter. We were, however, hardly settled when the wind suddenly changed from north-west to east and made us shift our quarters. Presently, as we were descending to Wythburn, the mist lifted, and shewed us the whole Helvellyn range glistening white in the moonlight. The fells about High White Stones remained covered with mist and the compass had to be used freely until we joined the path near Angle Tarn. It was impossible to steer by the wind as it veered about and ultimately settled down in the north-west again, and even the aneroid could not be trusted to two or three hundred feet.

All three of the Scafell pikes were visited in turn, the last, and highest, being reached shortly before 7-0 a.m. as the first green light of dawn became visible in the east. The green changed

gradually to red as we walked down to Mickledore and it was in good daylight that we ascended the easy gully to the left of the Scafell climbs, but we reached the cairn just as the sun broke out from behind the low clouds into the clear sky above.

In spite of all that rhymers have to say about "evening grey and morning red" the next day was beautifully fine, but it was not until after lunch that three very drowsy rucksackers roused themselves out of three easy chairs in front of the smoking room fire at Wasdale Head and walked down the road to Ravenglass so as to be in time for the early train to Manchester next morning.

ALL THE "TWENTY-FIVES" IN SOUTH WALES.—Two members. Hay, Swan Hotel 9-28 a.m.; Hay Bluff 11-6; Lord Hereford's Knob 11-48; Pen-y-Manllwyn, 2,500 feet, 12-28 p.m.; Waun Fach, 2,660, 12-58; Pen-y-Gader, 2,624, 1-20; Lunch at Grwyne Fechan 1-40—2-25; Pen Allt Mawr 3-30; Tea at Tal-y-Bont 5-57—7-15; Waun Rhydd, 2,502, 9-5; 2,504, 9-14; Bryn Teg, 2,608, 11-0; Brecon Beacon, 2,907, 11-55; Cairn Du, 2,863, 12-1 a.m.; 2,704, 12-11; Supper and rest at Pont ar Daf 12-35—4-0 a.m.; Fan Dringarth, 4-55; Cefn Perfedd, 6-0; Fan Nedd, 7-10; Fan Gihirych, 8-10; Carmarthen Fan, 2,632, 11-41 a.m., after which the party broke up, one going down to Llandilo and the other to Llandoverly.

ALL THE 3,000 FEET PEAKS IN WALES.—Two members and a friend. A third member started but had to catch a train at Bangor and had not time for Snowdon.

Aber 7-55 p.m. Llwydmor Mawr 9-40; Foel Fras, 3,091, 10-17; Yr Aryg 11-0—11-35 (one member went on to Bera Mawr and Bera Bach); Foel Grach, 3,195, 12-5 a.m.; Carnedd Llewelyn, 3,484, 12-38; Yr Elen, 3,151, 1-8; Carnedd Dafydd, 3,426, 2-37; Ogwen Lake 5-0; Tryfan, 3,010, 7-30; Glyder Fach, 3,261, 8-25; Glyder Fawr, 3,278, 9-14; Y Garn, 3,104, 10-10; Elidyr Fawr, 3,029, 11-25; Lunch at Old Llanberis 12-30 p.m. to about 2-0; Snowdon Summit, via Crib Goch and Crib y Ddysgyll, 6-16 p.m.—Total, 22½ hours.

HIGH STREET.—The purpose of this note is to draw attention to the little-known ridge walk along the High Street range. It provides, if I mistake not, the longest walk without descending below the two thousand foot level in the Lake district. From the Windermere Troutbeck one breasts the steep sides of Ill Bell reaching the ridge at Thornthwaite Column or before. Henceforward the ridge is marked by an iron fence with a sheep track beside it till we come after several miles of up and down to a stone wall bounding Lord Lonsdale's deer forest—a feature unique in the Lakes, but reminding us of Scotch wanderings and perhaps of protesting keepers! A gradual descent may soon be made in the direction of Fusedale, the bright green valley visible in front, ending at Howtown on Ullswater, where we found the little hotel very comfortable and secluded. Hence the walk round to Patterdale by a narrow track above the Lake and under Place Fell proved one of extraordinary charm.

The fells in this part of Lakeland not providing much rock-climbing are apt to be unduly neglected. But the grassy nature of the ground releases the whole attention for the fine array of fells and tarns on either hand, stretching away to Crossfell and the Pennines, the backbone of England. The tradition is that a Roman track led along this range of fells, whence the name. If so, it may certainly claim to be the loftiest in Britain. And as the Romans had a fort at the head of Windermere, of which some remains are still visible, they would naturally have connected it with their larger station at Brougham Castle near Penrith. A straight line between these forts would follow the High Street ridge, and Roman roads usually clung to the highest ground.

An alternative approach would be over Kidsty Pike from Mardale; and anyone who wants a week-end in the Lakes could not do better than see Mardale before the new Manchester Water Works submerge the valley. By leaving the train at Shap and walking along Haweswater, the first night can easily be spent at the Dun Bull Inn, Mardale.

R. E. C. H.

JOHN O'GROAT'S TO INVERNESS.—The Time Table says one can journey from Manchester to Wick in 20 hours approximately but

the actual experience of the writer and countless other travellers proves that 24 hours is nearer the mark plus another hour per motor bus to John O'Groat's. The 162 miles from Inverness to Wick appears to be a "go as you please" journey in so far as the Railway Company is concerned, but the journey has its compensation in point of magnificent scenery enjoyed throughout.

The Hotel at John o' Groat's carries a license and a long list of Royal clients, but in September, 1919, if the visitor required anything stronger than soda-water he had to take the "stronger stuff" with him or wait until he arrived at Keiss, some miles further south. I commend the Hotel, however, the accommodation being both good and cheap.

The writer tramped from John o' Groats to Inverness and offers the following hints to intending travellers:—

1. Keep to the coast-line as far as possible between Duncansby Head (two miles east of John o' Groat's Hotel), Noss Head and Wick. This can be done with the exception of about $3\frac{1}{2}$ miles between Skirsa Castle and the head of Freswick Bay. A fine coast walk of about 24 miles.

2. Don't arrive at Berriedale (the Lynton and Lynmouth of Caithness) late in the evening and expect to find accommodation easily. Writer arrived there fagged out after a 27-mile tramp and obtained food and rest only after long searching. Stay at Dunbeath, 5 miles further north—the Hotel there is recommended by Wilding, who walked from John o' Groat's southwards later in the season.

3. Unless you wish to be mistaken for a quadruped and shot at sight don't attempt to "bag" Scaraven, Maiden Pap, and Morven in September. The Duke of Portland has several shooting parties out hereabouts each day during this month. Much to my disgust, I was warned off by the friendly gillie at whose house I stayed the night at Berriedale. The advice proved good however.

4. In making from Bonar Bridge to Dingwall don't go via Tain but take the shorter and more laborious road leading from Fearn via Aultnamain Inn to Alness—a magnificent high moorland walk. The varied colourings of the landscape enjoyed *en route* are wonderful and compensate for the extra trouble involved in getting to the summit of this cross-country road.

Finally, good hotels can be obtained throughout this tour except (as stated) at Berriedale and Golspie. At this latter place cottage accommodation should be sought.

HERBERT BAXTER.

CASTELL CIDWM (A spur of Mynydd Mawr, opposite the end of Llyn Quellyn), August 9th, 1919.—P. S. M., A. W., and W. M. H. inspected the wide gully to the south of the main crag, and finding that the first pitch was very unsound with vegetation and loose stuff, traversed out to the right on to some steep heather. Below this heather, it was found afterwards, was a 20-foot wall, which would be the proper start of the climb, if it would “go.” The party roped up at the top of this heather, above which there stretched some 130 feet of fairly steep slabs. About two-thirds of the way up a platform was found where the party could be brought together. The slab terminated at a large triangular grassy expanse, with a good belay, under a big mass of overhanging rock. For the purpose of further progress it was first sought to make a way up by a small shallow chimney on the right of this overhang, and this was done, with considerable difficulty, for some thirty feet, much clearing out of holds being necessary *en route*. The kind of difficulty encountered up to this point seemed to continue indefinitely, however, while no belay appeared to be indicated. The party, therefore, descended and went to the other side of the big overhang. A pleasing traverse was made thence to the left to a point well above the top of the first pitch in the big gully already referred to. From here a route was made upwards to the right over moderately difficult rocks for about 30 feet, and then up steep slabs, still bearing to the right, for another 50 feet. Thence a short traverse to the right was made to a good belay consisting of a large stone resting at the foot of a steep grass and heather slope. Here the party reassembled. The steep grass and heather was ascended for about 60 feet to the foot of a gully. Looking at the buttress later in the day from below, it seemed that this gully might more properly be regarded as the upper part of the one attempted first of all on the right of the big overhang, but to have followed it to this point